

## 1. WELCOME

On behalf of Cycling New Zealand it's our pleasure to welcome riders, team managers, coaches, officials and supporters to Round #1 of the 2022 NTS Series at the SIT Zero Fees Velodrome, Invercargill. Thank you to Cycling Southland for hosting us this weekend.

We look forward to a great event and hope you have an enjoyable time.

This manual provides useful information for all riders, helpers and officials.

# 2. KEY CONTACTS

Event Manager:Charlotte Pearson021 292 0563PCP:Erin Criglington021 134 2294Race Manager:Glen Thomson021 455 597

# 3. VENUE ACCESS

The venue will be open 1 hour prior to the event programme commencing each session. The venue will close 30 minutes after the end of the night session. In between sessions you are welcome to remain in the infield however the use of the track is prohibited until the official warm up period begins.

To access the infield, head down the tunnel highlighted in yellow below. For spectators to access the stands, head around to the main ILT Stadium reception.



#### 4. SCHEDULE

We encourage riders to attend the Workshops relevant to them, as these are an important part of the intent of the series and this is where you will gain important skill acquisition and knowledge to apply during the racing. These are included in the entry fee and all riders are encouraged to attend.

For this event, Workshop 1 is for beginner riders only, new to Madison's. Workshop 2 is open for every rider to attend.

# Friday 3rd June:

2.00pm - 3.00pm: Race Number Pick Up - From Infield

3.00pm - 4.00pm: Workshop 1 - Part 1

Madison workshop for new riders (Room: Sarah Ulmer Lounge)

• 3.00pm – 3.15pm: Warm up for Sprinters 3.15pm - 4.00pm: Standing 250m Time Trial

4.00pm - 4.45pm: Workshop 1 - Part 2

Madison practice on the track for new riders (must have been to

the Workshop at 3pm)

Warm up for Endurance 5.15pm - 5.30pm:

5.30pm - 10.00pm: SESSION 1

Saturday 4th June:

• 9.00am - 10.00am: Workshop 2 - Group 1 = Endurance Race Analysis (Sarah Ulmer

Lounge)

Workshop 2 - Group 2 = Sprint Race Analysis (Legends Lounge 1)

10.30am - 11.00am: Warm up for all 11.00am - 3.10pm: SESSION 2 3.10pm - 4.30pm: **BREAK** • 4.30pm – 5.00pm: Warm up for all

5.00pm - 9.15pm: SESSION 3

# Sunday 5<sup>th</sup> June:

8.30am - 9.00am: Warm up for all 9.00am - 12.00pm: SESSION 4

# 5. WARM UP SESSION TIMES

There will be a warm up prior to the beginning of each session. Prior to the scheduled session start time, a Commissaire will blow a whistle for the riders to exit the track. Please adhere to the instructions of the Commissaires at all times.

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The provisional event programme is available here. Due to the objectives of the event the timing, racing and other aspects of the programme are likely to change as the event progresses. Expect a large degree of fluidity and adjustment to ensure you are benefiting to your potential.

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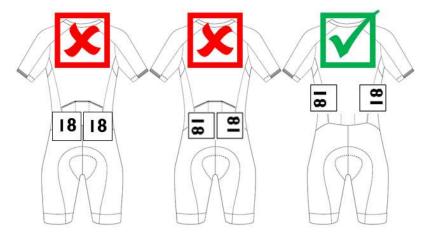
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Free entry for supporters.

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Hashtag	#NTS

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You can choose your own pairings/teams for the Madison, Team Pursuit and Team Sprint. Your teams must be filled in on the link below OR on the whiteboard at the start of the session they will be raced in.

\*The mixed Madison will be one female and one male pairings. Males will be required to ride the same gear as the females.

<u>Click here</u> to register your Same Gender Madison team

Click here to register your Mixed Madison team

Click here to register your Team Pursuit team

Click here to register your Team Sprint team

Please get in touch with us if you don't have a team and we will help organise one for you, email <a href="mailto:events@cyclingnewzealand.nz">events@cyclingnewzealand.nz</a> or talk to the Event Staff or Race Manager at the start of the event.

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Gearing Restrictions:

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Women's Endurance =  $92 = 48 \times 14 (92.6)$ 

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\*These gears above provide the best combinations to achieve the right gear in inches. Note these gears are maximums, you may choose a lower gear that better suits your current development maturity.

Cog (Back Wheel)

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56	126.0	116.3	108.0	100.8	94.5	89.0	84.0	79.6	75.6	72.0	68.7	65.8	63.0	60.5
55	123.8	114.3	106.1	99.0	92.8	87.4	82.5	78.2	74.3	70.7	67.5	64.6	61.9	59.4
54	121.5	112.2	104.2	97.2	91.1	85.8	81.0	76.8	72.9	69.4	66.3	63.4	60.8	58.3
53	119.3	110.1	102.2	95.4	89.5	84.2	79.5	75.3	71.6	68.2	65.1	62.2	59.6	57.3
52	117.0	108.0	100.3	93.6	87.8	82.6	78.0	73.9	70.2	66.9	63.8	61.1	58.5	56.2
51	114.8	105.9	98.4	91.8	86.1	81.0	76.5	72.5	68.9	65.6	62.6	59.9	57.4	55.1
50	112.5	103.9	96.4	90.0	84.4	79.4	75.0	71.1	67.5	64.3	61.4	58.7	56.3	54.0
49	110.3	101.8	94.5	88.2	82.7	77.8	73.5	69.6	66.2	63.0	60.1	57.5	55.1	52.9
48	108.0	99.7	92.6	86.4	81.0	76.3	72.0	68.2	64.8	61.7	58.9	56.4	54.0	51.9
47	105.8	97.6	90.7	84.6	79.3	74.7	70.5	66.8	63.5	60.4	57.7	55.2	52.9	50.8
46	103.5	95.6	88.7	82.8	77.6	73.1	69.0	65.4	62.1	59.2	56.5	54.0	51.8	49.7
45	101.3	93.5	86.8	81.0	76.0	71.5	67.5	64.0	60.8	57.9	55.2	52.8	50.6	48.6
44	99.0	91.4	84.9	79.2	74.3	69.9	66.0	62.5	59.4	56.6	54.0	51.7	49.5	47.5
43	96.8	89.3	82.9	77.4	72.6	68.3	64.5	61.1	58.1	55.3	52.8	50.5	48.4	46.4
42	94.5	87.2	81.0	75.6	70.9	66.7	63.0	59.7	56.7	54.0	51.6	49.3	47.3	45.4

# Chain Ring (Front Wheel)

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<u>Tifosi Optics</u> – provides technologically advanced eyewear with a dedication to quality, innovation and affordability.

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# **CELEBRATION** BOX

# **LIVING THE VALUES AWARDS**



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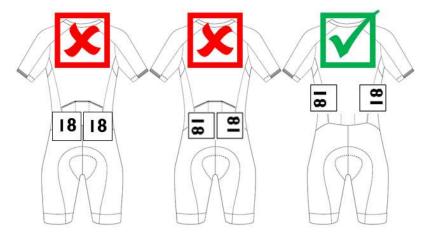
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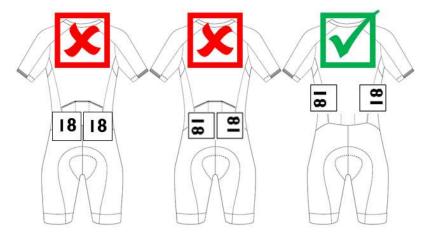
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48	108.0	99.7	92.6	86.4	81.0	76.3	72.0	68.2	64.8	61.7	58.9	56.4	54.0	51.9
47	105.8	97.6	90.7	84.6	79.3	74.7	70.5	66.8	63.5	60.4	57.7	55.2	52.9	50.8
46	103.5	95.6	88.7	82.8	77.6	73.1	69.0	65.4	62.1	59.2	56.5	54.0	51.8	49.7
45	101.3	93.5	86.8	81.0	76.0	71.5	67.5	64.0	60.8	57.9	55.2	52.8	50.6	48.6
44	99.0	91.4	84.9	79.2	74.3	69.9	66.0	62.5	59.4	56.6	54.0	51.7	49.5	47.5
43	96.8	89.3	82.9	77.4	72.6	68.3	64.5	61.1	58.1	55.3	52.8	50.5	48.4	46.4
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Madison practice on the track for new riders (must have been to

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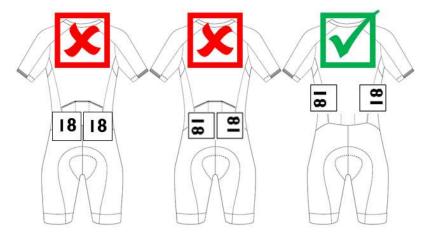
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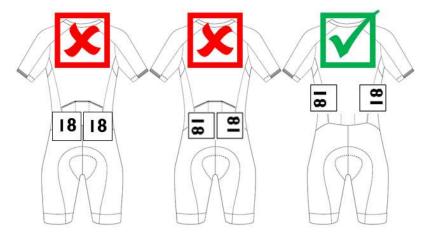
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52	117.0	108.0	100.3	93.6	87.8	82.6	78.0	73.9	70.2	66.9	63.8	61.1	58.5	56.2
51	114.8	105.9	98.4	91.8	86.1	81.0	76.5	72.5	68.9	65.6	62.6	59.9	57.4	55.1
50	112.5	103.9	96.4	90.0	84.4	79.4	75.0	71.1	67.5	64.3	61.4	58.7	56.3	54.0
49	110.3	101.8	94.5	88.2	82.7	77.8	73.5	69.6	66.2	63.0	60.1	57.5	55.1	52.9
48	108.0	99.7	92.6	86.4	81.0	76.3	72.0	68.2	64.8	61.7	58.9	56.4	54.0	51.9
47	105.8	97.6	90.7	84.6	79.3	74.7	70.5	66.8	63.5	60.4	57.7	55.2	52.9	50.8
46	103.5	95.6	88.7	82.8	77.6	73.1	69.0	65.4	62.1	59.2	56.5	54.0	51.8	49.7
45	101.3	93.5	86.8	81.0	76.0	71.5	67.5	64.0	60.8	57.9	55.2	52.8	50.6	48.6
44	99.0	91.4	84.9	79.2	74.3	69.9	66.0	62.5	59.4	56.6	54.0	51.7	49.5	47.5
43	96.8	89.3	82.9	77.4	72.6	68.3	64.5	61.1	58.1	55.3	52.8	50.5	48.4	46.4
42	94.5	87.2	81.0	75.6	70.9	66.7	63.0	59.7	56.7	54.0	51.6	49.3	47.3	45.4

# Chain Ring (Front Wheel)

# 18. GRADING FOR ENDURANCE

The first race of the session will be used to determine the grades (Points Race). Endurance grades will consist of:

Men's A Grade

Men's B Grade

Women's A Grade

Women's B Grade

\*Depending on entry numbers, the Race Manager may pre-allocate your grade, or otherwise grading races will be raced to determine grades.

Please talk to the Event Staff or Race Manager if you would like to change grades during the weekend.

The intent of this event is that a rider will ride all events in their chosen option. However, if a rider needs to make a change during the event, all changes must be completed on the Change Request Form available at the race office desk in the infield.

## 20. FUNDING & SPONSORSHIP

The NTS series is happening thanks to some very generous funding from the <u>Lion Foundation</u>. We also received a very generous donation from PRV and Worralls, who stock the following racing brands helping develop New Zealand's racing talent, brands we'd highly recommend checking out:

Cervelo - the bike of Jumbo Visma.

**LOOK** - Check out the New 895 Vitesse TRACK.

**BONT Shoes** - enjoy the increased support and power like Nick Kergozou.

**ROTOR** - Check out or Power Meters for Track and Road.

**ELITE** – made in France difference – From World Tour pro's to grassroots talent Elite trainers get you there.

**CORIMA** - Wheels with the made in France difference.

<u>TIME Sport Pedals</u> – The leader in clipless pedal systems designed to accommodate the biomechanical constraints of the rider.

<u>Tifosi Optics</u> – provides technologically advanced eyewear with a dedication to quality, innovation and affordability.

**SRAM** – Explore new roads or new limits. SRAM's mission is to provide purpose built, elegant solutions for your bike.

Cannondale - Come ride with us.

<u>Tacx</u> - Push your limits with innovative Tacx turbo trainers that let you work out indoors the way you want and provide a realistic ride feel.





# **CELEBRATION** BOX





The <u>Celebration Box</u> Living the Values is all about the riders demonstrating that they are having fun, learning, developing, showing great sportsmanship and a can do attitude on and off the bike. These awards are very highly commended and really important to us.

The <u>Celebration Box</u> Living the Values Award winners will each receive their very own <u>Celebration Box</u> - Gift Boxes, Flowers & Sweet Treats, delivered nationwide.